

Cowden-Herrick Schools

PBIS “Cool Tool” Lesson Plan

School Wide Expectations:

Be Ready
Be Responsible
Be Respectful

Lesson Topic: Respect Yourself

Purpose of the Lesson:

1. Students are expected to respect themselves. People who respect themselves will earn the respect of others. People who do not respect themselves cannot expect others to respect them. This lesson will help students understand many ways that they can respect themselves at school.

Teaching Examples:

Not applicable

Student Activities/Role Play:

1. Explain the purpose of the lesson.
2. Ask the class: “What does it mean to respect yourself in school?” - Record responses on the board.
3. Adminster the *Respect Yourself* Quiz to your class
4. Grade and Discuss the *Respect Yourself* Quiz
 - a. “How is/isn’t the student respecting self?”
 - b. “What could have been done differently?”
 - c. “Are there other ways this student could have respected self?”
5. Have students make a list on the board of other specific ways they could show themselves respect (not necessarily school related)
6. Ask the class: “what does it mean to respect yourself in school?” –Record responses on the board.
 - a. being safe
 - b. doing homework
 - c. listening to directions
 - d. solving problems peacefully
 - e. being on time to school
 - f. studying

- g. following directions
- h. doing your best
- i. being prepared

Follow up/Reinforcement Activities:

1. Make a habit of noticing when students are respecting themselves (especially in the next couple of days).
2. Give verbal praise to students who are respecting themselves.
3. Reward some students who are respecting themselves by giving them "Buzz Bucks".